



2006-2007 UEFA Top-Referees' Fitness Programme



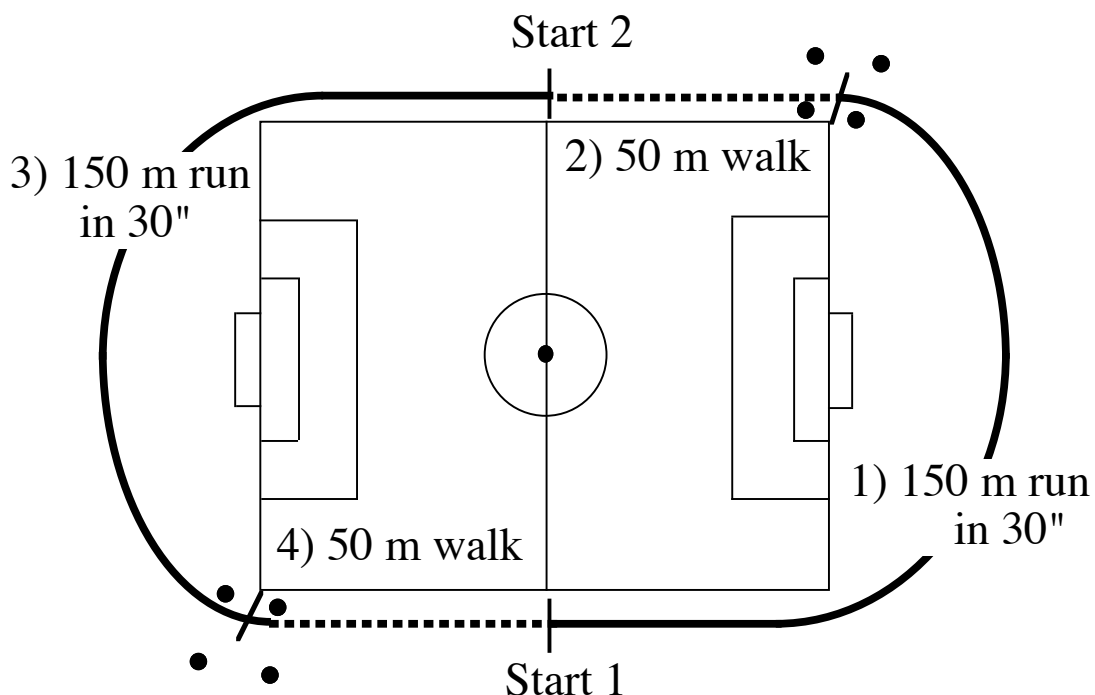
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WEEK 39 from Monday 25th of September to Sunday 1st of October Macrocycle III, week 5 (Training week 17)

- Mon. 25th: * Act. Rec. - 50' recovery session in a fitness centre, including
Tr. 62 - 10' warm up (walking & jogging on a treadmill between 6 & 13 km/hr, followed by mobilisation exercises)
- 30' non-weight bearing exercises (70% HR_{max}), such as:
- 10-12' cycling (80-90 cycles/min)
- 8-12' rowing (25-30 cycles/min)
- 10-12' gliding / stepping (60-70 cycles/min)
- 10' stretching followed by sauna, jacuzzi, massage

Total duration: 50'

- Tue. 26th: * Low Int. - 5' jogging slowly building up to 70% HR_{max} (± 1 km)
Tr. 63
- * Warm up - 20' extensive warming up, mobilisation and stretching
- * Strength - Advanced set of strength and injury prevention exercises (10')
- * High Int. - As before, the next HI exercise can be performed either indoor on a treadmill or outdoor on a track, in a forest, or on a field of play. To prevent injuries, however, it is better to practice on a soft ground rather than on any surface that is too demanding for articulations and tendons.





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- on the first whistle, referees have to cover 150 m in 30" from the start position on (1). Then they have 30 to 40" to cover 50 m walking (2). On the next whistle, referees have to run again 150 m in 30" (3), followed by 50 m walking in 30 to 40" (4). This equals 1 lap. The total exercise consists of 10 laps, resulting in 20 high intensity runs, each followed by a 30 to 40" walk.

- Referees have to arrive in the 'walking area' before the whistle and may not leave the 'walking area' before the whistle.

- The total duration of this HI run equals 20' (with 30" recovery).

* Cool down - 5' jogging and walking, followed by 10' extensive stretching

Total duration: 70'

Wed. 27th:

REST or PASSIVE RECOVERY

Thu. 28th:
Tr. 64

* Low Int. - 5' jogging slowly building up to 70% HR_{max} (± 1 km)

* Warm up - 20' extensive warming up, mobilisation and stretching

* Strength - Advanced set of strength and injury prevention exercises (10')

* Speed End. - Set 1: Field exercise, 5 x
Referees start at 65% the first 1/3 of the field of play, then accelerate the second 1/3 to 85%, and finally accelerate to 95% the final 1/3. In the width of the field, referees continue 'jogging'. On the other side, they continue the same way. So for each lap, there are 2 accelerations in the length of the field.

- 4' passive recovery (until bpm < 65% HR_{max})

- Set 2: Field exercise, again 5 x but now in a reversed way, i.e. accelerating in the width of the field, and jogging in the length of the field.

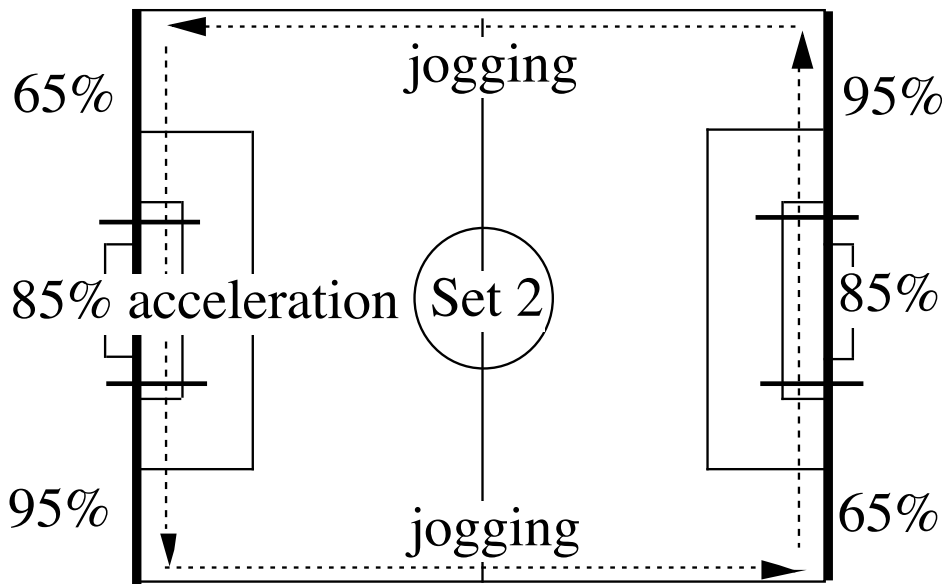
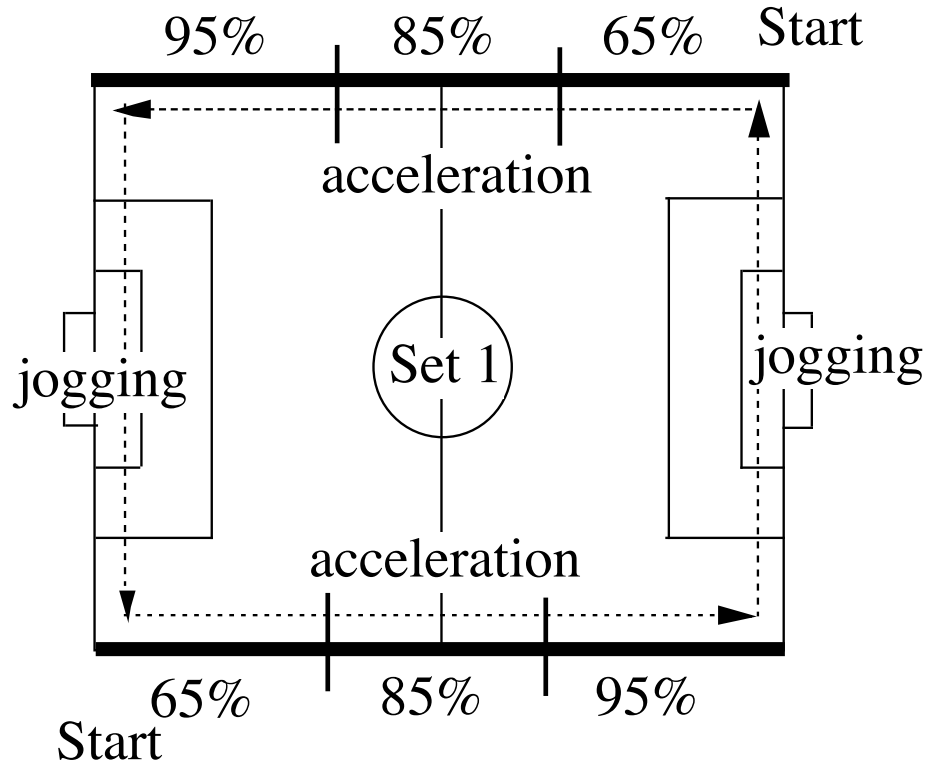
- All together, this SE exercise takes 26'
(10' Set 1 + 4' recovery + 12' Set 2)



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* Match

- If referees have a training session in group, then a 10' match can be played (2-touch or 'control & pass')

- Alternatively, if it is not possible to play a match, referees may perform a 10' medium intensity jogging (80% HR_{max})

Total duration: 86'

Fri. 29th:

REST or PASSIVE RECOVERY



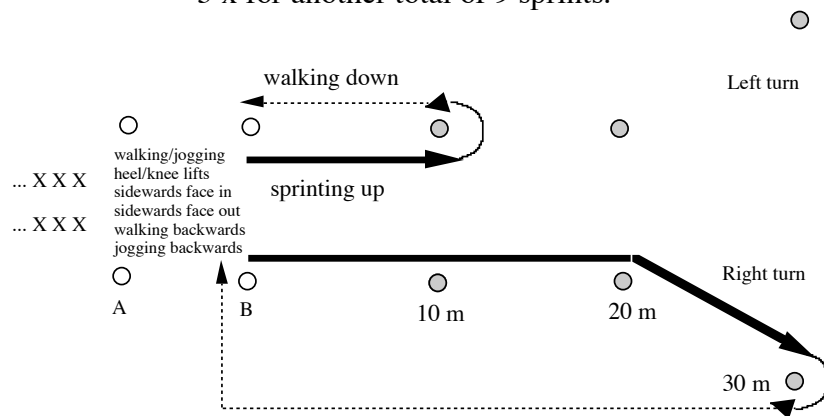
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Sat. 30th: * Warm up - 20' extensive warming up, mobilisation and stretching
Tr. 65

- * Speed
- Set 1:
 - 10 m sprint up, 10 m walk down, 3 x
 - 20 m sprint up, 20 m walk down, 3 x
 - 30 m sprint up, 30 m walk down, 3 x
 - (with a change in direction to the left or to the right)
 - Walk back to the start after each individual sprint. Use heart rate watch to determine your own individual recovery; it should be down to approx. 60 - 65% before you commence each sprint.
 - Once the 9 sprints (180 m total sprinting distance) have been completed take a 5' stretching and drinking break.
 - Set 2:
 - but now in reversed order, i.e. from 30 m to 10 m, each distance 3 x for another total of 9 sprints.



- The total sprint distance is 360 m. The total exercise time is 15'.

* Cool down - 5' jogging and walking, followed by 10' extensive stretching

Total duration: 50'

Sun. 1st: Those referees who don't have a game to officiate in the weekend, may do some intermittent activities such as playing badminton, football, squash, or tennis.



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WEEK 17 Macrocycle III, week 5 Training Objective	Session 1 Monday AR	Session 2 Tuesday HI	Session 3 Thursday SE	Session 4 Fri/Sat SP	Weekly Total (mins)	% Activity Breakdown
Warm up	10	20	20	20	70	27.3%
High Int.	0	20	0	0	20	7.8%
Low Int.	0	5	5	0	10	3.9%
Med. Int. / Ext. Sp.	0	0	0	0	0	0.0%
Speed End.	0	0	22	0	22	8.6%
Speed/Agility	0	0	0	10	10	3.9%
Match practice	0	0	10	0	10	3.9%
Act. Recovery	30	0	0	0	30	11.7%
Strength	0	10	10	0	20	7.8%
Pass. Recovery	0	0	4	5	9	3.5%
Cool down & Str.	10	15	15	15	55	21.5%
TOTAL	50	70	86	50	256	100.0%

P.S. All the training sessions are based upon percentages of the maximal heart rate $\% HR_{max}$. Therefore, for those who do not possess a heart rate monitor, the following exercise intensity classifications should be used:

% HR_{max}	Type of training	Perceived exertion
< 65% HR_{max}	Passive Recovery (PR)	Very easy
65-75% HR_{max}	Low Intensity (LI)	Easy to comfortable
76-85% HR_{max}	Medium Intensity (MI)	Uncomfortable to stressful
86-95% HR_{max}	High Intensity (HI)	Hard to very hard
> 95% HR_{max}	Maximal Effort (ME)	Maximal

Just mail me if something is not clear...Enjoy the training sessions...Your 'remote' coach...Werner